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FOOD



MAKES THE DIFFERENCE

For a good diet
follow
the food guide

Select from

smart food buys
to keep
food costs low.

VARIETY IS
THE KEY

SMART
SHOPPER
FOOD GUIDE

DAILY FOOD NEEDS

SMART FOOD BUYS

MILK GROUP

DAILY MILK FOR EVERYONE

- Children under 9 -2 to 3 cups
- Children 9 to 12 -3 or more cups
- Teenagers -4 or more cups
- Adults -2 or more cups
- Pregnant Women -3 or more cups
- Nursing Mothers -4 or more cups

MILK AND DAIRY PRODUCTS:
FLUID MILK
NONFAT DRY MILK
EVAPORATED MILK
CHEESE: NATURAL
PROCESS

MEAT
AND MEAT ALTERNATE
GROUP

TURKEY
BROILER-FRYERS
SPLIT PEAS
EGGS
PEANUT BUTTER
PEANUTS

FRUIT AND
VEGETABLE
GROUP

4 OR MORE SERVINGS DAILY

FRESH: POTATOES
CANNED: CORN
GREEN BEANS
TOMATOES
APPLESAUCE
PEARS
APPLE JUICE
PRUNE JUICE
GRAPE JUICE
INSTANT: POTATOES
DRIED: PRUNES
FROZEN: FRENCH FRIES
CONCENTRATED
GRAPE JUICE

BREAD AND
CEREAL
GROUP

4 OR MORE SERVINGS DAILY

ENRICHED FLOUR
ALL PURPOSE
SELF RISING

Address comments and inquiries:
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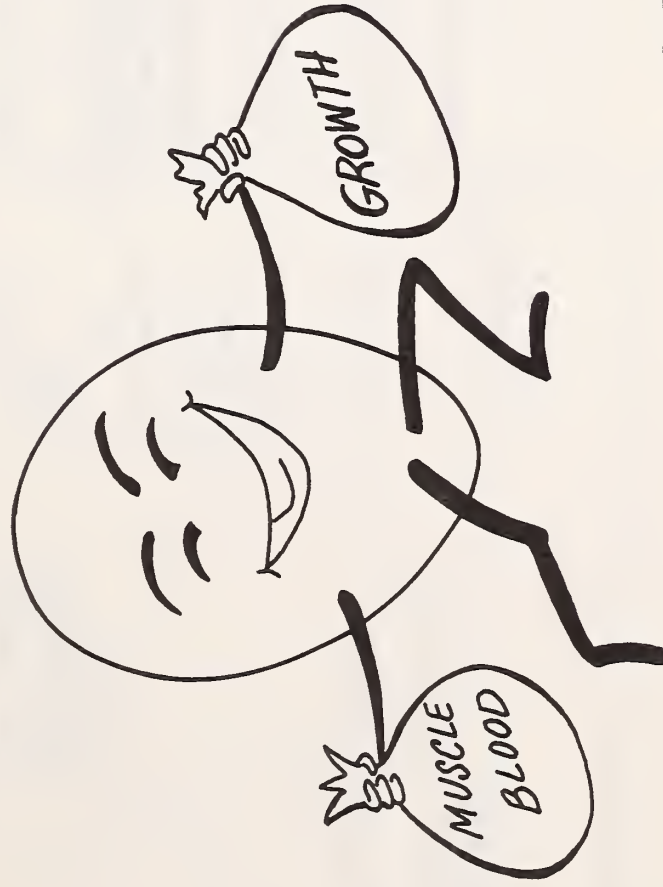
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EGGS

MEAT
AND MEAT ALTERNATE
GROUP



EGGS

help us to grow
help build good
muscle and blood

1 EGG = 1/2 SERVING
FROM THE MEAT GROUP

KEEP EGGS (COOKED OR UNCOOKED)
IN REFRIGERATOR OR OTHER COLD PLACE

DAILY FOOD GUIDE SUGGESTS A VARIETY OF FOODS EACH
DAY FROM THE MEAT AND MEAT ALTERNATE GROUP,
AND FROM THE MILK, THE FRUIT AND VEGETABLE,
AND THE BREAD AND CEREAL GROUPS.

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**SMART
SHOPPER**

CHEESE SCRAMBLED EGGS

6 SERVINGS

| INGREDIENTS | HOW TO MAKE | EQUIPMENT |
|---|--|--|
| <p>EGGS.....6</p> <p>MILK.....3 tablespoons (fluid milk made for dry from nonfat scrambled dry milk may eggs be used) OR 1/3 cup for creamy scrambled eggs</p> <p>SALT AND PEPPER.....as you like</p> <p>CHEESE, CUT-UP OR SHREDDED.....1/2 cup (about 4 ounces)</p> <p>MARGARINE OR BUTTER to grease fry pan</p> | <p>Break eggs into a bowl.</p> <p>Add milk.</p> <p>Add salt and pepper.</p> <p>Beat well for scrambled eggs with uniform yellow color; mix slightly for scrambled eggs with flecks of white and yellow.</p> <p>Add cheese.</p> <p>Pour mixture into a heated, greased fry pan.</p> <p>Cook and stir over medium heat until firm.</p> | <p>Mixing bowl</p> <p>Fork, whip, or rotary beater</p> <p>Knife for cutting cheese, or shredder</p> <p>Chopping board, if cheese is cut</p> <p>Stirring spoon</p> <p>Fry pan</p> <p>1 tablespoon measure or 1 cup liquid measure 1/2 cup dry measure</p> <p>Spatula or knife for leveling</p> <p>Pot holders</p> |
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SMART SHOPPER RECIPE PREVIEW

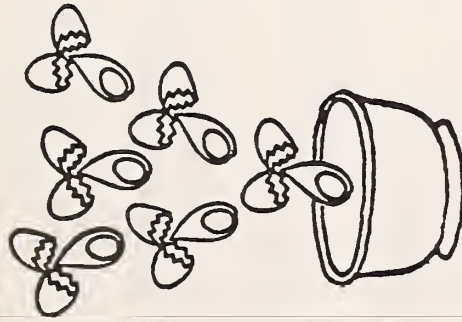
CHEESE SCRAMBLED EGGS

(6 SERVINGS)

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1



BREAK 6 EGGS
INTO A BOWL.



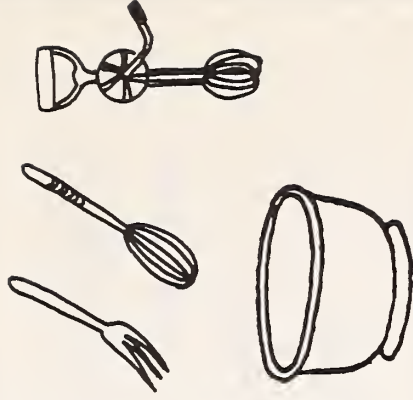
ADD MILK.



3 TABLESPOONS FOR
DRY SCRAMBLES EGGS OR
1/3 CUP FOR CREAMY
SCRAMBLED EGGS



ADD SALT
AND PEPPER
AS YOU LIKE.



BEAT WELL OR ONLY
SLIGHTLY, AS YOU
LIKE.

2



ADD 1/2 CUP CUT-UP OR
SHREDDED CHEESE
(about 4 ounces).

3

COOK EGG MIXTURE



HEAT FRY PAN.
SPREAD A LITTLE MARGARINE OR BUTTER IN PAN.
POUR EGG MIXTURE INTO PAN.
COOK AND STIR OVER MEDIUM HEAT UNTIL
EGGS ARE FIRM.



**SMART
SHOPPER**

CORN PUDDING

6 SERVINGS,
ABOUT 2/3 CUP EACH

| INGREDIENTS | HOW TO MAKE | EQUIPMENT |
|---|---|--|
| MILK.....1 cup (fluid milk made from nonfat dry milk may be used) | Preheat oven, 350°F. (moderate). | Saucepan |
| CREAM-STYLE CANNED CORN..2 cups (16- or 17-ounce can) | Put milk, corn, and fat in a pan. | Large mixing bowl |
| FAT.....2 tablespoons (margarine or butter) | Heat until hot, but not boiling. | Whip or rotary beater |
| EGGS.....4 | Put eggs, sugar, flour, salt, and pepper in a large bowl. | Mixing spoon |
| SUGAR.....1 tablespoon | Beat until smooth. | Table knife |
| FLOUR.....1 tablespoon | Pour and stir corn mixture slowly into eggs. | 1 cup liquid measure |
| SALT.....1 teaspoon | Put in baking dish or pan. | Spatula or knife for leveling |
| PEPPER.....as you like | Bake at 350°F. (moderate oven) about 45 minutes, until a knife stuck in center comes out clean. | 1 tablespoon measure |
| | | 1 teaspoon measure |
| | | Baking dish or pan, 1 to 1-1/2 quarts |
| | | Oven |
| | | Timer |
| | | Pot holders |



SMART SHOPPER RECIPE PREVIEW

CORN PUDDING

(6 SERVINGS, ABOUT 2/3 CUP EACH)



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1



PREHEAT OVEN
350° F.

2

PREPARE CORN MIXTURE



1 CUP MILK



2 CUPS CREAM-STYLE
CANNED CORN
(16- or 17-ounce can)



2 TABLESPOONS
FAT

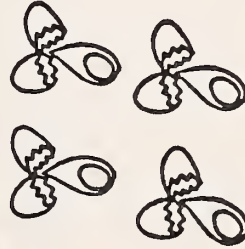


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PUT IN A PAN.
HEAT UNTIL HOT,
BUT NOT BOILING.

3

PREPARE EGG MIXTURE



4 EGGS



1 TABLESPOON
SUGAR



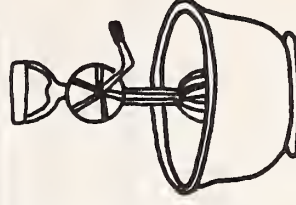
1 TABLESPOON
FLOUR



1 TEASPOON
SALT

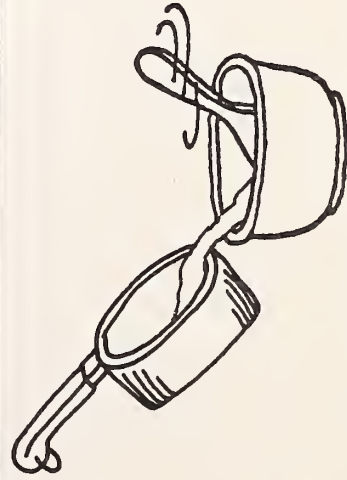


PEPPER
AS YOU LIKE



PUT IN A LARGE BOWL.
BEAT UNTIL SMOOTH.

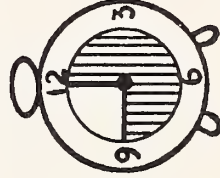
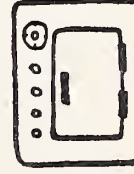
4



SLOWLY POUR AND STIR CORN
MIXTURE INTO EGGS.



PUT IN BAKING DISH OR
PAN, 1 to 1-1/2 quart size.



BAKE IN 350° F. OVEN
ABOUT 45 MINUTES,
UNTIL A TABLE KNIFE
STUCK IN CENTER
COMES OUT CLEAN.



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FRENCH TOAST

6 SERVINGS,
2 SLICES EACH

| INGREDIENTS | HOW TO MAKE | EQUIPMENT |
|--|--|--|
| EGGS.....4 | Beat eggs. | Fry pan |
| MILK.....2/3 cup (fluid milk made from nonfat dry milk may be used) | Add milk and salt. | Knife |
| SALT.....1/4 teaspoon | Spread a little margarine or butter in a heated fry pan. | Mixing bowl |
| FAT for browning (margarine or butter) | Dip bread in egg mixture. | Whip or rotary beater |
| BREAD.....12 slices | Cook in fry pan over low heat until browned on one side. | Spatula or knife for leveling |
| | Turn bread, putting a little more margarine or butter under each slice. | 1 cup liquid measure |
| | Brown other side. | 1/4 teaspoon measure |
| | | Pot holder |
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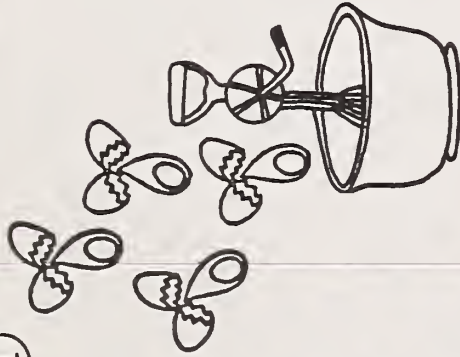
FRENCH TOAST

(6 SERVINGS, 2 SLICES EACH)



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①



BEAT 4 EGGS.



ADD 2/3 CUP MILK AND 1/4 TEASPOON SALT.

②



HEAT FRY PAN.
SPREAD A LITTLE MARGARINE
OR BUTTER IN PAN.

③



DIP BREAD IN EGG MIXTURE.
COOK IN FRY PAN OVER LOW HEAT
UNTIL BROWNED ON 1 SIDE.

TURN BREAD, PUTTING A LITTLE
MORE MARGARINE OR BUTTER
UNDER EACH SIDE.
BROWN OTHER SIDE.

